



# InShape

## West Valley City Fitness and Recreation Center News

### 5k Recycle Run

**Wear Green & Run for Gold!**  
**Saturday, March 17, 2012**  
**Race Starts at 8 a.m.**

#### Registration:

Register by mail (must be postmarked by March 12, 2012), or at the Family Fitness Center (5415 West 3100 South)

**Entries received after March 12, 2012 will have a \$5 late fee added.**

Registration available on the Day of the race from 7-7:30 a.m. (\$5 additional fee added)

#### Entry Fees:

Adults (18 & older) - \$15

Youth (17 & under) - \$10

Families (3 to 6 family members) - \$45

Each additional family member is \$5; families must live at the same residence and be related.

**Entry fees include:** Recycled gifts/prizes from our previous races, raffle drawing and ribbons 3-places deep in each age category

**Prizes:** Overall best time for men & women, ribbons 3-places deep in each age category

**Divisions:** Men/Women: 0-11, 12-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75+. PLUS Family (3+ family member divisions)

**For more information, please call 801-955-4000 or visit [www.wvc-ut.gov/fitnesscenter](http://www.wvc-ut.gov/fitnesscenter).**

### T-Ball & Coaches Pitch

Games and instruction designed to teach girls and boys ages 4 – 6 basics in T-Ball.

\$40 per player, includes t-shirt, team & individual photo, and participation award.

**May 17 – June 21**

**Games begin at 5:30 p.m.**

**Registration due April 30, 2012**

**Volunteer coaches needed; call (801) 955-4012 to volunteer.**

### Spring Machine Pitch

**Boys and Girls ages 7- 10**

**May 15 through June 21**

**Games begin at 5:30 p.m.**

Games and instruction designed to teach basics in Machine Pitch.

**\$42 per player includes t-shirt, team & individual photo, and participation award.**

**Registration due April 30, 2012.**

**Volunteer coaches needed; please sign up on registration form.**

### Adult Recreational Softball Leagues (Sanctioned by USSSA)

Men's, Co-Ed, Church & Extended Competitive Leagues available

Men's & Co-Ed (14 game guarantee)

Church League (game guarantee set by league)

Extended Comp (39 game guarantee)

Games begin week of April 16; Fees: Depends on League

**Registration due on April 2, 2012**

**\$50 late fee after April 2**

**Captain Meetings April 2, 2012:**

Men/Co-Ed: 6:00 p.m.

Church League: 7:30 p.m.

Extended Comp: 8:30 p.m.

**All captain meetings will be held at the Family Fitness Center**

### Youth Spring Soccer

**Games held on Saturdays starting at 9 a.m. beginning April 21 through June 9**

\$40 per child needing complete new uniform (blue and white); \$35 if turning in old uniform (gray and red) when registering; \$30 if child has complete new uniform from last fall.

**Saturday, April 21 is MEET THE COACH & PICTURE DAY. Games begin Saturday, April 28.**

**Registration due April 2**

*Late registration will be subject to availability and will incur a \$10 late fee.*

**Volunteer coaches needed; please sign up on registration form.**

**THIS SUMMER AT WEST VALLEY CITY CENTENNIAL PARK – SUMMER SOCCER CAMP (JULY 9 – 13)**





[www.challengersports.com](http://www.challengersports.com)

**SIGN UP NOW!**

**Challenger Sports British Soccer Camp**  
**The USA & Canada's Most Popular Soccer Camp**  
**FREE Replica Jersey - FREE Camp Ball - FREE Camp T-Shirt - FREE Giant Poster**  
[www.wvc-ut.gov/fitnesscenter](http://www.wvc-ut.gov/fitnesscenter)

